






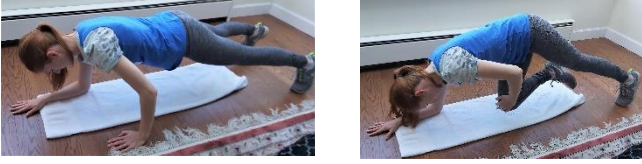
Mini Snack Workout #1

On occasion you do not have time for a big meal, or you just aren't that hungry, so you enjoy a snack! The snack gives you energy and tides you over to your next big meal. Think of your workouts in the same way. If you just do not feel like doing a 60-minute workout, or you don't have time to do a full meal deal exercise session – consider a snack workout. A mini exercise session of just 10 to 15 minutes will tide you over, give you energy and make you feel better. Rather than skipping your meal/workout completely try a mini workout!

Pick a focus or a theme for a quick mini workout

- Just cardio such as walking up stairs, skipping, dancing in your Livingroom
- Just one piece of equipment such as dumbbells, mini bands, or physio ball
- Just two muscle groups alternating
- Only upper body or only lower body
- Only core
- Only flexibility or balance
- Only exercises on the floor or only standing
- Only 1 set of 6 exercises, with 10-15 reps each

Try this on the floor with dumbbells routine **consult your physician before starting an exercise routine*

 <p>Kneeling shoulder press, engage your core with one leg bent in front of body. Press the opposite arm to the front leg straight up from the shoulder. Do all reps before changing to the other leg in front and the other arm pressing up.</p>	<p>Cross legged pullover, exhale on effort</p>  <p>With ankles crossed and knees wide apart, press waist to floor as pulling weight from overhead to over waist, and bringing knees from floor to waist.</p>
 <p>Single arm chest press, Lying on your back with both arms straight up, hold 1 arm up and bring the other arm to floor. Do all reps on 1 side before doing press ups on the other side. To increase intensity, lift 1 foot off the floor.</p>	 <p>Sit up with a twist, with or without a weight.</p>
 <p>Single arm triceps press. Lying on your back with one arm straight up from the shoulder bend the elbow so the wt is beside your ear. Return to straight up. Repeat all reps on one side then repeat other side. Increase intensity by holding the straight leg off the floor.</p>	 <p>One forearm plank with knee touch, do one side 10-15x touching hand to opposite knee, then switch to the other side. Keep butt down.</p>

All exercises require stabilization and core engagement. Execute 10-15 repetitions of each exercise. Repeat all exercises once, twice or three times.